

CLAIMS

1. Composition, intended for oral administration, comprising:

- 5 - a first composition (a) containing a green tea extract, vitamin C, and optionally at least one metallic compound selected from zinc, chromium and a mixture thereof, and  
- a second composition (b) containing at least one metallic compound selected from iron, copper, zinc,  
10 chromium and a mixture thereof,  
on the condition that zinc and iron are not simultaneously present in the same composition, wherein said metallic compounds of compositions (a) and (b) are advantageously in the form of salts or complexes,  
15 as a combination product for separate or consecutive administration, in the cosmetic treatment of the human body.

2. Composition according to claim 1, characterised in that it is intended to treat conditions and/or  
20 imbalances of the skin, skin appendages and/or overweight conditions.

3. Composition according to claim 1 or 2, characterised in that composition (a) contains at least one green tea extract, vitamin C, a zinc salt and a  
25 chromium salt, and composition (b) contains at least one iron salt and one copper salt.

4. Composition according to any one of claims 1 to 3, characterised in that the green tea extract is present at a concentration of between 2 and 50 % by weight, and  
30 advantageously between 10 and 30 % by weight, with respect to the total weight of composition (a).

5. Composition according to any one of the previous claims, characterised in that the vitamin C is present at a concentration of between 0.5 and 50 % by weight, and advantageously between 2 and 15 % by weight, with respect  
5 to the total weight of composition (a).

6. Composition according to any one of the previous claims, characterised in that the zinc is present at a concentration of between 0 and 3 % by weight, and advantageously between 0.2 and 1 % by weight, with  
10 respect to the total weight of composition (a) or composition (b) and/or the chromium is present at a concentration of between 0 and 1 % by weight, and advantageously between 0 and 0.05 % by weight, with respect to the total weight of composition (a) or  
15 composition (b).

7. Composition according to any one of the previous claims, characterised in that the iron is present at a concentration of between 0 and 10 % by weight, and advantageously between 0.2 and 3 % by weight, with  
20 respect to the total weight of composition (b) and/or the copper is present at a concentration of between 0 and 1 % by weight, and advantageously between 0.02 and 0.5 % by weight, with respect to the total weight of composition (b).

25 8. Composition according to any one of the previous claims, characterised in that compositions (a) and (b) are in the form of capsules, gel caps, tablets, pellets, powders or drinkable solutions.

9. Method for cosmetic treatment of the human body,  
30 characterised in that it involves the oral administration of a combination product comprising:

- a first composition (a) containing a green tea extract, vitamin C, and optionally at least one metallic compound selected from zinc, chromium and a mixture thereof, and  
- a second composition (b) containing at least one  
5 metallic compound selected from iron, copper, zinc, chromium and a mixture thereof,  
on the condition that zinc and iron are not simultaneously present in the same composition,  
wherein said metallic compounds of compositions (a) and  
10 (b) are advantageously in the form of salts or complexes, for separate or consecutive administration.

10. Method for cosmetic treatment according to claim 9, characterised in that it is intended to treat conditions and/or imbalances of the skin, skin appendages  
15 and/or overweight conditions.

11. Method for cosmetic treatment according to claim 9 or 10, characterised in that composition (a) contains at least one green tea extract, vitamin C, a zinc salt and a chromium salt, and composition (b) contains at  
20 least one iron salt and one copper salt.

12. Method for cosmetic treatment according to any one of claims 9 to 11, characterised in that it involves the administration of a daily dose of green tea extract of between 100 and 3000 mg, and advantageously between  
25 200 and 2000 mg.

13. Method for cosmetic treatment according to any one of claims 9 to 12, characterised in that it involves the administration of a daily dose of vitamin C of between 50 and 1000 mg, and advantageously between 100  
30 and 500 mg.

14. Method for cosmetic treatment according to any one of claims 9 to 13, characterised in that it involves

the administration of a daily dose of zinc of between 0 and 50 mg, and advantageously between 5 and 20 mg, and/or a daily dose of chromium of between 0 and 300  $\mu$ g, and advantageously between 20 and 100  $\mu$ g.

5        15. Method for cosmetic treatment according to any one of claims 9 to 14, characterised in that it involves the administration of a daily dose of iron of between 0 and 100 mg, and advantageously between 5 and 50 mg, and/or a daily dose of copper of between 0 and 20 mg, and  
10 advantageously between 1 and 10 mg.

16. Method for cosmetic treatment according to any one of claims 9 to 15, characterised in that composition (a) is administered in the first part of the day and composition (b) is administered in the second part of the  
15 day.